

Chocolate Chip Yogurt Cookies

Makes: 36 servings

Add extra calcium to your cookies with yogurt. These cookies also use whole wheat flour which adds fiber and other nutrients.

Ingredients

- 1/2 cup** sugar
- 1/2 cup** brown sugar (firmly packed)
- 1/2 cup** margarine
- 1/2 cup** yogurt (non-fat, plain)
- 1 1/2 teaspoons** vanilla
- 3/4 cup** flour (all-purpose)
- 1 cup** flour (whole wheat)
- 1/2 teaspoon** baking soda
- 1/2 cup** chocolate chips (miniature, or carob chips)


Directions

1. Heat oven to 375° F.
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars included	7 g
Protein	1 g
Vitamin D	0 IU
Calcium	12 mg
Iron	0 mg
Potassium	39 mg
N/A - data is not available	

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 Grains	1/2 ounce
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4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.

5. Cool 1 minute, remove from cookie sheets.

Source: Cornell University Cooperative Extension, Eat Smart New York!